

The Dalton/Whitfield Senior Center is operated for the purpose of meeting the social and recreational needs of the older residents of Dalton and Whitfield County. The Center provides a mechanism bridging the participant to the community, and services as a focal point for the delivery of services to older persons.

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Health Screening more info to come

Arts (Oil Painting, Pencil/Charcoal, Quilting) more info to come

Dance (Tap & Line Dance) more info to come

### **Exercise**

#### **Silver Sneakers' Fitness Program**

[www.silversneakers.com](http://www.silversneakers.com)

Silver Sneakers is the nations leading exercise program designed exclusively for older adults.

10:30am on Monday, Wednesday and Fridays

The classes take place at the same time but are in different rooms at the Sr. Center. Please inquire about room assignment when arriving at the Sr. Center.

NEW CLASS!!!!

SilverSneakers Yoga Stretch every Tuesday and Thursday 3pm at Sr.Center

Everyone is welcome. Please bring a friend.

**For more information, call Julie Dyer at 706-278-3700**

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Golden Gators

Golden Olympics

Arts & Crafts Shows

Golden Expo

Billiards and Shuffle Board Tournaments

Hot Home Cooked Meals

Monday- Friday

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**RECYCLED TEENAGER'S TRAVEL CLUB**

The Travel Club has 10 - 13 over night trips from Nashville and Pigeon Forge to Mainland China and Europe.

Below are a few of the destinations for 2008:

Feb.	Miami/Key West
March	Braves Spring Training
March	Spain
May	Savannah, Jekyll Island, Charleston, SC
May	Opryland Hotel/Legacy Five
June 7-15	Colorado and Rocky Mountians

\$759/Soldout

July 28-31

Tunica, MS  
\$375

August 27 - Sept 7

Scandinavia Cruse  
\$3268/\$4372/\$4723

Sept. 11-14

\$615

National Quartet Convention

October 5-11

Branson, MO  
\$685/Soldout

Dec. 5-9

\$720

Christmas in Williamsburg

**2009**

March 28

10 days in Scotland  
\$2889

May

TBA

Holland, Michigan/Tulip Festival

July or August

TBA

Greek Isles/Mediterranean

More Info call Rosie at 706-278-3700.

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## **Recycled Teenager's SCANDINAVIA CRUISE**

AUGUST 27-SEPTEMBER 7, 2008

ABOARD THE BEAUTIFUL CROWN PRINCESS

**ENJOY THIS CRUISE OF A LIFETIME AT A SPECIAL EARLY BIRD RATE! PORTS OF  
CALL INCLUDE:  
COPENHAGEN**

**,  
DENMARK**

**;  
STOCKHOLM**

**,  
SWEDEN**

**;  
HELSINKI**

**,  
FINLAND**

**;  
ST. PETERSBURG**

**,  
RUSSIA**

**;**

**TALLINN, ESTONIA; GDANSK, POLAND; AND OSLO, NORWAY.**

PRICE INCLUDES: 10 NIGHT CRUISE, TRANSPORTATION, PORT TAXES, GOVERNMENT  
FEES, AIR, CANCELLATI  
ON INSURANCE.

PRICE PER PERSON (BASED ON DOUBLE OCCUPANCY)

CATEGORY JJ/INSIDE	\$3268
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CATEGORY EE/OUTSIDE	\$4372
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CATEGORY BC/BALCONY	\$4723
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PAYMENT SCHEDULE:

DEPOSIT / REGISTRATION FORM AUGUST 1, 2007 \$600

2 <sup>Nd</sup> DEPOSIT FEBRUARY 1, 2008	\$400
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FINAL PAYMENT JUNE 1, 2008

MAKE CHECK PAYABLE TO: DALTON SENIOR CENTER

ROSIE MOSTELLER

DALTON SENIOR CENTER

302 CAPPES STREET

DALTON, GA 30720

**Recycled Teenager's Christmas Trip**

**2008 Grand Illumination**

**Colonial Williamsburg  
December 5-9, 2008**

Trip includes:

\*Motorcoach Transportation

\*Christmas Show and Dinner with Elvis at the Barn Theater in Greensboro N.C.

\*1 night lodging in Greensboro

\*2 night's lodging at the Governors Inn, Colonial Williamsburg

\*Guided Tour of Jamestown

\*Seafood Buffet at Captain George's Restaurant

\*4 Breakfasts



\*Admission to Colonial Williamsburg including the Grand Illumination

\*Dinner at the King's Arm Tavern

\*Guided Tour of Richmond

\*Tour of Shirley Plantation

\*Dinner at the Natural Bridge Inn

\*1 night lodging at the Natural Bridge Inn, Natural  
Bridge VA

\*Admission to the Natural Bridge

\*Presentation of the Drama of Creation at the Natural Bridge

**COST:**□□ □□□□

**DOUBLE/ PER PERSON**□□□ □□ □□□ □ □□□□□ □□□  
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\$

**720**

SINGLE  
RATE

\$

939

**TRIPLE/  
PER  
PERSON**

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\$

633

**DEPOSIT: 100 \$100 DUE BY JULY 15, 2008/ FINAL PAYMENT :**

# OCTOBER 15, 2008

ROSIE MOSTELLER

302 CAPPES STREET

DALTON, GA 30720

706-277-5174

